



The Last Refuge:

Defending Sanity in the Age of Manufactured Delusions

There was a time when America felt like home, even if you disagreed with your neighbor, you both understood the ground rules. Freedom of speech meant exactly that: you could speak your mind without being dragged to the town square for public shaming. You could opt out of someone else's beliefs without fear of losing your job or becoming the villain in a social media pile-on. That time is gone.

We live in a climate where saying “no” to someone's fantasy is treated as an act of violence. Refusing to play along with someone's self-identification, no matter how absurd, can cost you your livelihood, your reputation, and in some cases, your physical safety. And these demands aren't requests for tolerance; they're demands for submission.

What's worse, some of the loudest enforcers of this new orthodoxy are not content to live their own truth quietly. They seek you out, corner you, and demand public affirmation, because private indifference isn't good enough. If you don't bow, they will brand you a bigot, try to ruin you online, and sometimes escalate to physical intimidation.

This is not liberation. This is coercion wrapped in the language of equality.

Decades ago, society made the decision to shut down most mental health institutions in the name of “community-based care.” In practice, it meant unleashing the untreated and unstable into the streets — and into our politics. Now, identity has become the ultimate shield. Bad behavior and open harassment are excused if they fly the right flag or wear the right label. And the rest of us? We're told to swallow the lie, smile, and clap.

The smart ones have already built their sanity perimeter — their own bubble of rational friends, common-sense spaces, and offline life. But the perimeter is under constant assault. Activism today is expansionist; it will not leave you alone. It wants inside your home, inside your workplace, inside your conversations. It wants to rewrite not just how you speak, but how you think.

The only way to survive with your integrity intact is to starve the beast.

Step away from the platforms that amplify it. Refuse the endless “dialogue” that is nothing but an interrogation in disguise. Stop justifying your sanity to the insane.

Yes, some will call this retreat. Let them. The truth is, holding your ground against a culture drunk on self-delusion is an act of quiet rebellion. You don't owe anyone your agreement. You don't owe anyone your applause. And if that makes you the enemy in their eyes, wear it as a badge of honor.

Because when the mob finally turns on itself, and it always does, you'll still be standing, perimeter intact, and sanity unbroken.